

Sunday, June 26, 2011

# Carrollton Runners Mile + 5K

78F Clear 76%H 12mph S

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:45 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
<b>Christian Mora</b>	5:41.06	<b>Albert Marban</b>	18:52.21	<b>Steve Calonkey</b>	21:28.02	<b>Julio Lopez</b>	22:28.11
<b>Laura Nelson</b>	6:08.34	<b>Rachel Finch</b>	24:32.53	<b>Kim Andres</b>	25:54.27	<b>Ruth Olinger</b>	38:53.49

## 5K MALE

31 Runners --- Average Time of **26:39** Avg. Age Grade: **58.5%** Place in

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
<b>OVERALL</b>	1 <b>Albert Marban</b>	Farmers Branch	(17)		<b>18:52.21</b>	✓	6:04.4	<b>71.6%</b>	1	1
<b>MASTERS</b>	1 <b>Steve Calonkey</b>		(59)		<b>21:28.02</b>		6:54.6	<b>74.1%</b>	6	6
<b>SENIORS</b>	1 <b>Julio Lopez</b>	Farmers Branch	(55)		<b>22:28.11</b>	ℳ	7:13.9	<b>68.4%</b>	9	9
<b>M10-14</b>	1 <b>Adam Hartman</b>		(11)		<b>38:52.71</b>		12:30.8	39.3%	44	30
	2 <b>Brandon Burke</b>	Lewisville	(10)		<b>52:20.42</b>		16:50.8	30.2%	46	31
<b>M20-24</b>	1 <b>Aaron Plitt</b>	Carrollton	(22)		<b>19:52.61</b>		6:23.9	<b>64.9%</b>	3	3
<b>M25-29</b>	1 <b>Trey Ruiz</b>	Carrollton	(29)		<b>24:11.34</b>		7:47.1	53.4%	15	14
<b>M35-39</b>	1 <b>Mark Zucker</b>		(36)		<b>19:02.60</b>		6:07.8	<b>69.6%</b>	2	2
	2 <b>Doug Elmore</b>	Carrollton	(38)		<b>19:55.71</b>	ℳ	6:24.9	<b>67.5%</b>	4	4
	3 <b>Ryan Loehding</b>	Carrollton	(39)		<b>20:43.72</b>		6:40.3	<b>65.4%</b>	5	5
	4 <b>Jonathan Gilbert</b>	Lewisville	(38)		<b>36:37.19</b>		11:47.2	36.7%	38	28
<b>M40-44</b>	1 <b>Nathan Bruser</b>	Coppell	(40)		<b>23:29.61</b>	ℳ	7:33.7	58.1%	13	13
	2 <b>Keith Kupiec</b>	Carrollton	(43)		<b>28:01.67</b>		9:01.3	49.8%	27	23
<b>M45-49</b>	1 <b>James Royal</b>	Plano	(49)		<b>21:54.65</b>	ℳ	7:03.1	<b>66.8%</b>	7	7
	2 <b>James Murtaugh</b>		(45)		<b>22:19.42</b>		7:11.1	<b>63.5%</b>	8	8
	3 <b>Doug Waters</b>	Carrollton	(46)		<b>22:27.80</b>		7:13.8	<b>63.6%</b>	10	10
	4 <b>M Maimonides</b>	Kansas City	(47)		<b>23:06.75</b>	✓	7:26.4	<b>62.3%</b>	12	12
	5 <b>Jeff Breese</b>	Frisco	(46)		<b>24:55.44</b>	ℳ	8:01.3	57.3%	21	19
	6 <b>Doran Brown</b>		(46)		<b>26:24.45</b>		8:30.0	54.1%	23	20
<b>M50-54</b>	1 <b>Patrick Wheeler</b>		(54)		<b>24:37.33</b>	ℳ	7:55.5	<b>61.9%</b>	18	16
	2 <b>David Short</b>	Frisco	(50)		<b>24:41.14</b>	ℳ	7:56.7	59.7%	19	17
	3 <b>Frank Finch</b>	Roanoke	(52)		<b>24:50.57</b>		7:59.8	<b>60.3%</b>	20	18
<b>M55-59</b>	1 <b>David Mask</b>	Lewisville	(59)		<b>24:16.79</b>		7:48.9	<b>65.5%</b>	16	15
	2 <b>Ken Ashby</b>	Dallas	(58)		<b>27:50.61</b>	ℳ	8:57.7	56.6%	26	22
	3 <b>Ruben Reyes</b>	Carrollton	(55)		<b>28:10.98</b>	ℳ	9:04.3	54.5%	29	24
	4 <b>Mike Catt</b>		(57)		<b>32:26.28</b>	ℳ	10:26.4	48.2%	37	27
<b>M60-64</b>	1 <b>John Nance</b>	Rowlett	(63)		<b>23:02.97</b>		7:25.1	<b>71.5%</b>	11	11
	2 <b>Glenn Dumas</b>	Farmers Branch	(61)		<b>27:16.96</b>	ℳ	8:46.9	59.3%	25	21
	3 <b>Scott Mckissick</b>	Irving	(62)		<b>27:20.91</b>	ℳ	8:48.2	59.7%	30	25
	4 <b>Fred Cummings</b>	Denton	(60)		<b>31:17.36</b>		10:04.3	51.3%	34	26
<b>M75-79</b>	1 <b>Robert Cunningham</b>	Grand Prairie	(79)		<b>43:16.90</b>		13:55.9	47.4%	43	29

FN\*:  Broke Age-Group Record  GD Place among Females  
 ℳ Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split  
 ▼ Negative Split

Timing provided by:  
 **DeltaViewTiming.com**

# 5K FEMALE

16 Runners --- Average Time of **33:00** Avg. Age Grade: **49.3%** Place in

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Rachel Finch	Roanoke	(12)		<b>24:32.53</b>		7:54.0	<b>66.3%</b>	17	<b>1</b>
MASTERS	1 Kim Andres	Irving	(58)		<b>25:54.27</b> $\mathcal{M}$		8:20.3	<b>72.5%</b>	22	<b>2</b>
SENIORS	1 Ruth Olinger	The Colony	(68)		<b>38:53.49</b>		12:31.1	56.1%	40	<b>11</b>
F20-24	1 Ashly Mcalister		(24)		<b>28:06.40</b>		9:02.8	52.7%	28	<b>4</b>
	2 Rachel Cummings	denton	(23)		<b>31:15.89</b>		10:03.8	47.3%	33	<b>7</b>
	3 Kylie Haroldson	Carrollton	(21)		<b>32:18.12</b>		10:23.8	45.8%	35	<b>8</b>
	4 Sirena Plitt	Carrollton	(22)		<b>32:18.44</b>		10:23.9	45.8%	36	<b>9</b>
	5 Alejandra Tellez		(24)		<b>36:44.03</b>		11:49.4	40.3%	39	<b>10</b>
	6 Kristina McGovern	Carrollton	(22)		<b>39:14.35</b>		12:37.8	37.7%	41	<b>12</b>
F25-29	1 Sarah Bohlman		(29)		<b>26:43.01</b>		8:36.0	55.4%	31	<b>5</b>
	2 Brandy Dahir		(25)		<b>26:43.60</b>		8:36.2	55.4%	24	<b>3</b>
F35-39	1 Evelyn Bruser	Coppell	(39)		<b>41:27.99</b>		13:20.8	36.7%	42	<b>13</b>
F40-44	1 Rachel Hartman		(42)		<b>39:01.70</b>		12:33.7	39.9%	45	<b>13</b>
	2 Alyssa Burke	Lewisville	(43)		<b>52:21.59</b>		16:51.2	29.9%	47	<b>14</b>
F45-49	1 Yanira Lopez	Farmers Branch	(48)		<b>28:49.38</b> $\mathcal{M}$		9:16.6	57.3%	32	<b>6</b>
FStroller	1 Blake Bruser	Coppell	(2)		<b>23:29.62</b> $\mathcal{M}$		7:33.7		14	<b>0</b>

# 1M MALE

		18 Runners --- Average Time of <b>7:04</b>				Avg. Age Grade: <b>60.5%</b>		Place in		
Name		City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Christian Mora	Carrollton	(24)	<b>5:41.06</b>	✓	5:41.1	<b>65.3%</b>	1	1
M10-14	1	Jacob Dinsmore		(11)	<b>7:12.26</b>	✓	7:12.3	<b>61.1%</b>	10	9
	2	Ari Dinsmore		(14)	<b>7:12.62</b>	✓	7:12.6	56.6%	11	10
M20-24	1	Anthony Ruiz	Carrollton	(24)	<b>7:14.00</b>	✓	7:14.0	51.3%	12	11
M35-39	1	Doug Elmore	Carrollton	(38)	<b>6:06.22</b>		6:06.2	<b>63.4%</b>	3	3
M40-44	1	Nathan Bruser	Coppell	(40)	<b>8:39.98</b>		8:40.0	45.3%	21	18
M45-49	1	James Royal	Plano	(49)	<b>5:47.85</b>		5:47.9	<b>72.6%</b>	2	2
	2	Jeff Breese	Frisco	(46)	<b>6:20.67</b>		6:20.7	<b>64.8%</b>	6	5
	3	Ruben Saguil	Carrollton	(46)	<b>6:33.20</b>		6:33.2	<b>62.7%</b>	8	7
M50-54	1	Dennis Maietta	Grapevine	(50)	<b>6:12.17</b>		6:12.2	<b>68.4%</b>	5	4
	2	David Short	Frisco	(50)	<b>6:32.25</b>	✓	6:32.3	<b>64.9%</b>	7	6
	3	Patrick Wheeler		(54)	<b>7:32.54</b>	✓	7:32.5	58.1%	15	13
M55-59	1	Julio Lopez	Farmers Branch	(55)	<b>6:58.13</b>		6:58.1	<b>63.4%</b>	9	8
	2	Mike Catt		(57)	<b>7:57.22</b>		7:57.2	56.5%	18	15
	3	Ken Ashby	Dallas	(58)	<b>7:59.77</b>		7:59.8	56.7%	19	16
	4	Ruben Reyes	Carrollton	(55)	<b>8:19.81</b>		8:19.8	53.1%	20	17
M60-64	1	Glenn Dumas	Farmers Branch	(61)	<b>7:19.26</b>		7:19.3	<b>63.6%</b>	14	12
	2	Scott Mckissick	Irving	(62)	<b>7:41.72</b>		7:41.7	<b>61.0%</b>	16	14

# 1M FEMALE

		4 Runners --- Average Time of <b>7:31</b>				Avg. Age Grade: <b>71.2%</b>		Place in		
Name		City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Laura Nelson	Grapevine	(45)	<b>6:08.34</b>		6:08.3	<b>76.3%</b>	4	<b>1</b>
F45-49	1	Yanira Lopez	Farmers Branch	(48)	<b>7:55.34</b>		7:55.3	<b>61.3%</b>	17	<b>3</b>
F55-59	1	Kim Andres	Irving	(58)	<b>7:18.24</b>		7:18.2	<b>75.9%</b>	13	<b>2</b>
FStroller	1	Blake Bruser	Coppell	(2)	<b>8:40.35</b>		8:40.4		22	<b>0</b>

FN\*:  Broke Age-Group Record  GD Place among Females  
 Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split  
▲ Negative Split



Timing provided by:

**DeltaViewTiming.com**

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6603	Christian Mora (M24)	1	M20-24	OA	---			5:41.06	✓ 1	5:41.1	19.44	5:41.06	65.3%
2	6615	James Royal (M49)	2	M45-49	1st	---			5:47.85		5:47.9	19.79	5:47.85	72.6%
3	7037	Doug Elmore (M38)	3	M35-39	1st	---			6:06.22		6:06.2	20.87	6:06.22	63.4%
4	7274	Laura Nelson (F45)	1	F45-49	OA	---			6:08.34		6:08.3	20.98	6:08.34	76.3%
5	7273	Dennis Maietta (M50)	4	M50-54	1st	---			6:12.17		6:12.2	21.21	6:12.17	68.4%
6	7216	Jeff Breese (M46)	5	M45-49	2nd	---			6:20.67		6:20.7	21.67	6:20.67	64.8%
7	7061	David Short (M50)	6	M50-54	2nd	---			6:32.25	✓ 5	6:32.3	22.35	6:32.25	64.9%
8	7003	Ruben Saguil (M46)	7	M45-49	3rd	---			6:33.20		6:33.2	22.41	6:33.20	62.7%
9	7193	Julio Lopez (M55)	8	M55-59	1st	---			6:58.13		6:58.1	23.83	6:58.13	63.4%
10	6774	Jacob Dinsmore (M11)	9	M10-14	1st	---			7:12.26	✓ 1	7:12.3	24.63	7:12.26	61.1%
11	6777	Ari Dinsmore (M14)	10	M10-14	2nd	---			7:12.62	✓ 1	7:12.6	24.63	7:12.62	56.6%
12	6698	Anthony Ruiz (M24)	11	M20-24	1st	---			7:14.00	✓ 1	7:14.0	24.75	7:14.00	51.3%
13	7040	Kim Andres (F58)	2	F55-59	1st	---			7:18.24		7:18.2	24.97	7:18.24	75.9%
14	7014	Glenn Dumas (M61)	12	M60-64	1st	---			7:19.26		7:19.3	25.03	7:19.26	63.6%
15	6776	Patrick Wheeler (M54)	13	M50-54	3rd	---			7:32.54	✓ 1	7:32.5	25.77	7:32.54	58.1%
16	7048	Scott Mckissick (M62)	14	M60-64	2nd	---			7:41.72		7:41.7	26.29	7:41.72	61.0%
17	7198	Yanira Lopez (F48)	3	F45-49	1st	---			7:55.34		7:55.3	27.08	7:55.34	61.3%
18	6772	Mike Catt (M57)	15	M55-59	2nd	---			7:57.22		7:57.2	27.20	7:57.22	56.5%
19	7005	Ken Ashby (M58)	16	M55-59	3rd	---			7:59.77		7:59.8	27.31	7:59.77	56.7%
20	7283	Ruben Reyes (M55)	17	M55-59	4th	---			8:19.81		8:19.8	28.45	8:19.81	53.1%
21	7097	Nathan Bruser (M40)	18	M40-44	1st	---			8:39.98		8:40.0	29.59	8:39.98	45.3%
22	7316	Blake Bruser (F2)	0	FStroller	1st	---			8:40.35		8:40.4	29.65	8:40.35	
									Average Finish Time:	07:09	Average Age Grade:		62.0%	

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6560	Albert Marban (M17)	1	M15-19	OA	---			18:52.21	✓ 2	6:04.4	18.87	18:52.21	71.6%
2	6773	Mark Zucker (M36)	2	M35-39	1st	---			19:02.60	✗	6:07.8	19.03	19:02.60	69.6%
3	6569	Aaron Plitt (M22)	3	M20-24	1st	---			19:52.61	✗	6:23.9	19.87	19:52.61	64.9%
4	7037	Doug Elmore (M38)	4	M35-39	2nd	2.4			19:55.71	ℓ	6:24.9	19.92	19:58.13	67.5%
5	6509	Ryan Loehding (M39)	5	M35-39	3rd	---			20:43.72		6:40.3	20.72	20:43.72	65.4%
6	6771	Steve Calonkey (M59)	6	M55-59	MS	---			21:28.02	✗	6:54.6	21.47	21:28.02	74.1%
7	6615	James Royal (M49)	7	M45-49	1st	---			21:54.65	ℓ	7:03.1	21.90	21:54.65	66.8%
8	6775	James Murtaugh (M45)	8	M45-49	2nd	---			22:19.42		7:11.1	22.32	22:19.42	63.5%
9	7193	Julio Lopez (M55)	9	M55-59	SR	---			22:28.11	ℓ	7:13.9	22.47	22:28.11	68.4%
10	7012	Doug Waters (M46)	10	M45-49	3rd	2.1			22:27.80		7:13.8	22.45	22:29.90	63.6%
11	7089	John Nance (M63)	11	M60-64	1st	---			23:02.97		7:25.1	23.03	23:02.97	71.5%
12	6557	M Maimonides (M47)	12	M45-49	4th	0.7			23:06.75	✓ 2	7:26.4	23.10	23:07.44	62.3%
13	7097	Nathan Bruser (M40)	13	M40-44	1st	17.2			23:29.61	ℓ	7:33.7	23.48	23:46.78	58.1%
14	7316	Blake Bruser (F2)	0	FStroller	1st	17.2			23:29.62	ℓ	7:33.7	23.48	23:46.79	
15	6644	Trey Ruiz (M29)	14	M25-29	1st	---			24:11.34	✗	7:47.1	24.18	24:11.34	53.4%
16	7008	David Mask (M59)	15	M55-59	1st	3.4			24:16.79		7:48.9	24.27	24:20.17	65.5%
17	6622	Rachel Finch (F12)	1	F10-14	OA	0.1			24:32.53	✗	7:54.0	24.53	24:32.68	66.3%
18	6776	Patrick Wheeler (M54)	16	M50-54	1st	---			24:37.33	ℓ	7:55.5	24.62	24:37.33	61.9%
19	7061	David Short (M50)	17	M50-54	2nd	5.1			24:41.14	ℓ	7:56.7	24.68	24:46.26	59.7%
20	6713	Frank Finch (M52)	18	M50-54	3rd	0.1			24:50.57	✗	7:59.8	24.83	24:50.67	60.3%
21	7216	Jeff Breese (M46)	19	M45-49	5th	4.6			24:55.44	ℓ	8:01.3	24.92	25:00.05	57.3%
22	7040	Kim Andres (F58)	2	F55-59	MS	0.7			25:54.27	ℓ	8:20.3	25.90	25:54.98	72.5%
23	7064	Doran Brown (M46)	20	M45-49	6th	---			26:24.45		8:30.0	26.40	26:24.45	54.1%
24	6778	Brandy Dahir (F25)	3	F25-29	1st	0.3			26:43.60	✗	8:36.2	26.72	26:43.91	55.4%

25	7014	Glenn Dumas (M61)	21	M60-64	2nd	6.9	27:16.96	ℓ	8:46.9	27.27	27:23.86	59.3%
26	7005	Ken Ashby (M58)	22	M55-59	2nd	0.5	27:50.61	ℓ	8:57.7	27.83	27:51.10	56.6%
27	7147	Keith Kupiec (M43)	23	M40-44	2nd	4.1	28:01.67		9:01.3	28.02	28:05.74	49.8%
28	6779	Ashly Mcalister (F24)	4	F20-24	1st	0.8	28:06.40	⊥	9:02.8	28.10	28:07.19	52.7%
29	7283	Ruben Reyes (M55)	24	M55-59	3rd	---	28:10.98	ℓ	9:04.3	28.17	28:10.98	54.5%
30	7048	Scott Mckissick (M62)	25	M60-64	3rd	55.3	27:20.91	ℓ	8:48.2	27.33	28:16.16	59.7%
31	7029	Sarah Bohlman (F29)	5	F25-29	2nd	100.6	26:43.01		8:36.0	26.72	28:23.63	55.4%
32	7198	Yanira Lopez (F48)	6	F45-49	1st	2.6	28:49.38	ℓ	9:16.6	28.82	28:51.97	57.3%
33	6554	Rachel Cummings (F23)	7	F20-24	2nd	1.5	31:15.89	⊥	10:03.8	31.25	31:17.36	47.3%
34	6543	Fred Cummings (M60)	26	M60-64	4th	---	31:17.36	⊥	10:04.3	31.28	31:17.36	51.3%
35	6593	Kylie Haroldson (F21)	8	F20-24	3rd	1.3	32:18.12	⊥	10:23.8	32.30	32:19.46	45.8%
36	6570	Sirena Plitt (F22)	9	F20-24	4th	1.2	32:18.44	⊥	10:23.9	32.30	32:19.61	45.8%
37	6772	Mike Catt (M57)	27	M55-59	4th	1.9	32:26.28	ℓ	10:26.4	32.43	32:28.18	48.2%
38	6598	Jonathan Gilbert (M38)	28	M35-39	4th	6.0	36:37.19	⊥	11:47.2	36.62	36:43.22	36.7%
39	6510	Alejandra Tellez (F24)	10	F20-24	5th	6.3	36:44.03	⊥	11:49.4	36.73	36:50.35	40.3%
40	149	Ruth Olinger (F68)	11	F65-69	SR	0.2	38:53.49		12:31.1	38.88	38:53.73	56.1%
41	6612	Kristina MCGovern (F22)	12	F20-24	6th	1.5	39:14.35	⊥	12:37.8	39.23	39:15.86	37.7%
42	7315	Evelyn Bruser (F39)	13	F35-39	1st	10.8	41:27.99		13:20.8	41.45	41:38.79	36.7%
43	7030	Robert Cunningham (M79)	29	M75-79	1st	4.1	43:16.90		13:55.9	43.27	43:21.01	47.4%
44	6770	Adam Hartman (M11)	30	M10-14	1st	360.5	38:52.71	⊥	12:30.8	38.87	44:53.18	39.3%
45	7042	Rachel Hartman (F42)	13	F40-44	1st	359.9	39:01.70		12:33.7	39.02	45:01.63	39.9%
46	6715	Brandon Burke (M10)	31	M10-14	2nd	6.4	52:20.42	⊥	16:50.8	52.33	52:26.78	30.2%
47	6714	Alyssa Burke (F43)	14	F40-44	2nd	6.7	52:21.59	⊥	16:51.2	52.35	52:28.25	29.9%
							Average Finish Time:	28:48	Average Age Grade:		55.5%	

FN\*:  Broke Age-Group Record  GD Place among Females  
 ℓ Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split  
 ▼ Negative Split

Timing provided by:  
 **DeltaViewTiming.com**